

**PENERAPAN MANAJEMEN HIPOVOLEMIA DALAM PEMENUHAN
KEBUTUHAN CAIRAN PADA ANAK DIARE DI
RUANG MELATI RSUD SLEMAN**

Pramesti Dian Nariswari¹, Agus Sarwo², Yusniarita³, Atik Ba'diah⁴

Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : pramestidian04@gmail.com

ABSTRAK

Abstrak: Manajemen hipovolemia bertujuan mengembalikan volume cairan tubuh serta menjaga stabilitas hemodinamik dan perfusi jaringan. Perilaku hidup bersih yang belum optimal, seperti jarang mencuci tangan, turut berkontribusi terhadap penyebaran patogen penyebab diare. Diare merupakan buang air besar encer ≥ 4 kali sehari.

Tujuan Penelitian: Penelitian ini bertujuan mengetahui penerapan manajemen hipovolemia dalam pemenuhan kebutuhan cairan pada anak diare di Ruang Melati RSUD Sleman.

Metode Penelitian: Desain penelitian menggunakan metode deskriptif kualitatif dalam bentuk studi kasus. Data diperoleh melalui wawancara dengan keluarga pasien, observasi langsung, dan studi dokumentasi. Analisis dilakukan dengan mengamati dan membandingkan respon dua pasien anak terhadap intervensi manajemen hipovolemia menggunakan instrumen SOP monitoring dan lembar observasi balance cairan.

Hasil Penelitian: Hasil studi menunjukkan bahwa setelah dilakukan manajemen hipovolemia selama 3×24 jam kebutuhan cairan pasien terpenuhi ditandai dengan hasil balance cairan positif dalam 24 jam.

Kesimpulan: Manajemen hipovolemia efektif dalam menangani masalah pemenuhan kebutuhan cairan pada anak diare.

Kata Kunci: Manajemen Hipovolemia, Diare pada Anak

APPLICATION OF HYPOVOLEMIA MANAGEMENT IN MEETING THE NEEDS OF FLUID IN CHILDREN WITH DIARRHEA IN THE MELATI ROOM OF RSUD SLEMAN

Pramesti Dian Nariswari¹, Agus Sarwo², Yusniarita³, Atik Ba'diah⁴

Department of Nursing Poltekkes Kemenkes Yogyakarta

Jl. Tatabumi No.3 Banyuraden, Gamping, Sleman

Email : pramestidian04@gmail.com

ABSTRACT

Abstract: Hypovolemia management aims to restore body fluid volume and maintain hemodynamic stability and tissue perfusion. Suboptimal hygiene behavior, such as infrequent hand washing, contributes to the spread of pathogens that cause diarrhea. Diarrhea is watery bowel movements ≥ 4 times a day.

Objective: This study aims to determine the application of hypovolemia management in meeting fluid needs in children with diarrhea in the Melati Room of Sleman Hospital.

Methods: The research design used a qualitative descriptive method in the form of a case study. Data were obtained through interviews with patient families, direct observation, and documentation studies. Analysis was carried out by observing and comparing the responses of two pediatric patients to hypovolemia management interventions using SOP monitoring instruments and fluid balance observation sheets.

Results: The study results showed that after hypovolemia management for 3×24 hours the patient's fluid needs were met marked by positive fluid balance results within 24 hours.

Conclusion: Hypovolemia management is effective in dealing with the problem of meeting fluid needs in children with diarrhea.

Keywords: Hypovolemia Management, Diarrhea in Children